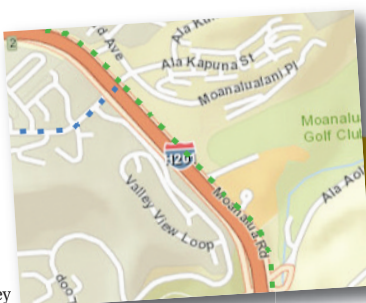


# This just in ...

Beginning Monday, AMR's Valley View Gate will be open for a trial period. Visit [www.hawaiiarmyweekly.com](http://www.hawaiiarmyweekly.com) for details.



Map courtesy U.S. Geological Survey

# Hagel outlines budget reducing troops, force structure

**NICK SIMEONE**  
American Forces Press Service

WASHINGTON — Defense Secretary Chuck Hagel has proposed cuts in military spending that include further reductions in troop strength and force structure in every military service in the coming year as part of an effort to prioritize U.S. strategic interests in the face of reduced resources after more than a decade of war.

At a Pentagon news conference, Monday, detailing President Barack Obama's proposed Pentagon budget for fiscal year 2015, Hagel called the reductions — including shrinking the Army to its smallest size since before World War II and eliminating an entire fleet of Air Force fighter planes — “difficult choices” that will change defense institutions for years to come, but designed to leave the military capable of fulfilling U.S. defense strategy and defending the homeland against strategic threats.

Under a Pentagon budget that will shrink by more than \$75 billion over the next two years — with deeper cuts expected if sequestration returns in fiscal year 2016 — Hagel and other senior defense and military officials acknowledged that some of the budget choices will create additional risks in certain areas.

Some of that risk, Hagel said, is associated with a sharp drawdown in the

size of the Army, which the proposed budget calls for reducing to as low as 440,000 active duty Soldiers from the current size of 520,000, while ensuring the force remains well trained and equipped.

The cuts assume the United States no longer becomes involved in large, prolonged operations on the scale of Iraq and Afghanistan.

“An Army of this size is larger than required to meet the demands of our

defense strategy,” Hagel said. “It is also larger than we can afford to modernize and keep ready.”

The smaller force still would be capable of decisively defeating aggression in one major war “while also defending the homeland and supporting air and naval forces engaged in another theater against an adversary.”

The budget request calls for special operations forces to grow by nearly 4,000 personnel, bringing the total to 69,700, a reflection of the asymmetrical threats the nation is likely to face in the future, Hagel said.

The restructuring and downsizing are in line with a two-year budget agreement that the president and Congress worked out in December, which limits defense spending to \$496 billion. But Hagel warned, Monday, that if the budget for fiscal year 2016 returns to the steep, automatic spending cuts imposed by sequestration, “we would be gambling that our military will not be required to respond to multiple major contingencies at the same time.”

Asked to define that increased risk, a senior Defense Department official expressed it simply.

“If the force is smaller, there's less margin for error,” the official said. “Let's



Photo by Marine Corps Sgt. Aaron Hostutler

**Secretary of Defense Chuck Hagel briefs the press regarding his recommendations for the fiscal year 2015 budget at the Pentagon, Monday.**

face it; things are pretty uncertain out there.”

The proposed budget also envisions a 5 percent reduction in the Army National Guard and Army Reserve.

“While it is true that reserve units are less expensive when they are not mobilized, our analysis shows that a reserve unit is roughly the same cost as an active duty unit when mobilized and deployed,” Hagel said.

The Guard's Apache helicopters would be transferred to the active force, while Black Hawks would be transferred to the Guard, part of a realignment of Army aviation designed to modernize the fleet and increase capability.

Within the Air Force, the defense

### Other Proposals

The budget request lists the following:

- The Army will cancel the Ground Combat Vehicle program;
- The Navy would be able to maintain 11 carrier strike groups, but any steep future cuts could require mothballing the aircraft carrier USS George Washington;
- Half of the Navy's cruiser fleet, 11 ships, will be placed in reduced operating status while they are modernized and given a longer lifespan;
- The Navy will continue buying two destroyers and attack submarines per year;
- The Marine Corps will draw down from about 190,000 to 182,000, but would have to shrink further if sequestration returns;
- An additional 900 Marines will be devoted to securing U.S. embassies; and
- The Defense Department is asking Congress for another round of base closings and realignments in 2017.

# 8th TSC supports CONUS counterparts for Key Resolve

Story and photo by  
**STAFF SGT. GAELN LOWERS**  
8th Theater Sustainment Command

FORT SHAFTER — The 8th Theater Sustainment Command is hosting the 593rd SC (Expeditionary)'s Early Entry Command Post (EECP), Feb. 19-March 6.

The 593rd SC(E) deployed from the unit's home station of Joint Base Lewis-McChord to, here, to participate in one of the Pacific theater's major combined annual exercises.

Under Key Resolve, a command post exercise (CPX) between the U.S., Korea and their Pacific partners, 8th TSC is facilitating the 593rd's EECP in order to build professional logistics partnerships, increase understanding of the Pacific Command's logistics challenges and proactively address strategic threats in the region.

“Our first training objective was to deploy the EECP and establish operations, demonstrating our expeditionary capabilities,” said Col. Mark



**The 593rd SC(E), deployed from Joint Base Lewis-McChord, sets up its command post at Fort Shafter to participate in Key Resolve, one of the Pacific theater's major combined annual exercises, Feb. 19-March 6.**

Paget, deputy commander, 593rd SC(E). “We provide mission command and a common operating picture for assigned or attached forces, and synchronize operational logistics. We're that bridge between tactical and strategic logistics.”

8th TSC is responsible for logistics and supply for land operations throughout the Pacific theater; the collaboration fostered by the CPX is critical because of the massive scale and activity.

The 593rd's equipment arrived last month aboard the 45th SC, 8th TSC's ship, LSV2 Chief Warrant Officer 3 Harold C. Clinger, and was transported to the field beside the 8th TSC headquarters building, here.

The SC(E)'s advance party of 20 Soldiers set up their EECP within 72 hours, just in time for an additional 20 personnel to arrive and man the station.

Paget said there's great synergy among the units that enhances readiness by building relationships and demonstrates relevance.

See CUTS A-5

# Annual Pacific-wide AER fundraiser begins

Story and photo by  
**SARAH PACHECO**  
Staff Writer

SCHOFIELD BARRACKS — The 2014 Army Emergency Relief (AER) fundraiser returned for another year of “helping the Army take care of its own” with a kickoff ceremony at the Nehelani, here, Monday.

The afternoon gathering signaled the beginning of this year's campaign to raise much-needed funds in support of AER and its efforts.

“As the Pacific-wide kickoff, it's only fitting that we do that here in Hawaii, where the greatest contributions are actually made on a yearly basis,” said Gen. Vincent Brooks, commander, U.S. Army-Pacific, to a room full of Soldiers and distinguished guests, including Maj. Gen. Kurt Fuller, senior commander, U.S. Army-Hawaii, and commander, 25th Infantry Division.

“We have a pattern of always outdoing ourselves from one year to the next,” Brooks said, noting that last year Hawaii contributed more than \$350,000 to the AER fund.

“Added to contributions by others at other places, that equaled more than \$4 million in grants, in loans, in relief to our Army family around the globe. That's a pretty amazing return,” he said. “You're beneficiaries of this as well as contributors to this. This is taking care of our own.”

Incorporated into the Army in February 1942, AER is an emergency-relief program that assists Army personnel and their families in times of financial difficulty.

Since 9/11, AER has distributed nearly \$775 million to 729,000 active and retired Soldiers and their ohana through interest-free loans and grants for many different categories of assistance, to include emergency needs, children and spouse scholarships, care for families of fallen Soldiers, and support to widows and wounded warriors.

“It's a widespread system that's available to Soldiers and families,” said re-



**Maj. Gen. Kurt Fuller (left), senior commander, U.S. Army-Hawaii, and commander, 25th ID, presents retired Lt. Gen. Robert Foley, director, AER, with a plaque of appreciation and an honorary "Wolfhounds" T-shirt, Monday.**

tired Lt. Gen. Robert Foley, director, AER, and keynote speaker for Monday's kickoff, here. “In the past five years, we've provided \$80 million a year, so we know that we're meeting the financial needs of Soldiers and families.”

While financial assistance for AER is conducted within the Army structure by mission and garrison commanders, the private nonprofit relies solely on dona-

See AER A-5

# Army surgeon general discusses health at TAMC

**STAFF SGT. CHRIS HUBENTHAL**  
Defense Media Activity, Hawaii News Bureau

TRIPLER ARMY MEDICAL CENTER — Lt. Gen. Patricia Horoho, Army surgeon general and commander, U.S. Army Medical Command, spoke on strategic priorities and initiatives for military medicine during a town hall, here, Monday.

The town hall is part of the two-week Asia-Pacific tour where-in Horoho is discussing priorities in Hawaii, Guam, Japan and Thailand.

Horoho discussed four priorities that include combat casualty care, readiness and health of the force, ready and deployable medical force, and the health of families. She used past experiences to help define the medical future and explain what she'd learned.

“What I realized is that we have to make sure that people understand what we do every day in our military treatment facilities as a readiness factor,” Horoho said. “We have got to redefine how we look at ourselves and make sure that our narrative matches up with what we do. That's why these priorities are so important.”

Horoho explained why establishing good readiness within the medical treatment facilities is a major priority.

“We have to look through the lens of medical capability that can be modular, scalable and (able to be tailored) to be able to really support the readiness of our Army and of our nation,” Horoho said. “That's where our medical readiness comes in, to ensure that we are medically ready with our skill sets.”

A question and answer session followed. Horoho closed the session by thanking the Soldiers and civilians of TAMC for their day-to-day dedication.



Photo by Air Force Staff Sgt. Christopher Hubenthal

**Lt. Gen. Patricia Horoho speaks on combat casualty care, health of the force, ready and deployable medical force, and family health.**





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**Advertising:** 529-4700

**Classifieds:** 521-9111

**Address:**

Public Affairs Office  
948 Santos Dumont Ave.,  
WAAF Building 105, 2nd Floor  
Schofield Barracks, HI  
96857-5000

**Website:**  
www.hawaiiarmyweekly.com

**Nondelivery or distribution**  
656-3155 or 656-3488

Contributing Commands

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MSG Rodney Jackson,  
655-6354

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Police Call

# Violence triggers 72-hr separation

COL. MARK JACKSON

Director, Emergency Services,  
U.S. Army Garrison-Hawaii, and  
Commander, 8th Military Police Brigade,  
8th Theater Sustainment Command

There are several programs and agencies in place to aid our Soldiers and families facing difficulties, whether they are at home, work or deployed overseas.

Military Police, social work services and commanders track Reports of Incidents (ROIs) of domestic disturbances, without assault, to ensure families receive the help they need before a situation turns violent. Sometimes, however, situations still escalate to violence.

Violence against or between household members is contrary to the values and standards of the Army and has an



Jackson

adverse impact on the careers of Soldiers.

Soldiers charged in domestic assault cases face punitive action under the Uniform Code of Military Justice, while dependents and other civilians are charged under the U.S. Code and Hawaii Revised Statutes (HRS).

Most domestic assaults result in misdemeanor charges. However, felony charges are possible depending on the circumstances of the case (severity of injuries, drug or alcohol influence, use of weapons, etc.).

Individuals involved in domestic assaults are also subject to debarment (the loss of installation access privileges). Family members charged with a misdemeanor, and no prior criminal history, will receive a Letter of Warning from U.S. Army Garrison-Hawaii's Directorate of Emergency Services' Community Compliance Office.

Individuals with a criminal history are subject to debarment from all USAG-HI installations for a minimum of three

years, depending on the severity of the past charges. Offenders charged with felony assault are subject to an immediate indefinite debarment from all USAG-HI installations.

The following is an excerpt of an actual MP blotter entry from USAG-HI. Subjects are innocent until proven guilty.

•Feb. 2, Schofield MPs were notified of a domestic assault in housing Area X. Responding MPs found that the subject and his spouse were involved in a verbal dispute over marital issues that turned physical when the subject struck his spouse with a closed fist, several times, in the face, arms, back and head.

The subject was transported to the Schofield Barracks Police Station for processing. Further investigation revealed the subject was in violation of a temporary restraining order (TRO) issued by the Honolulu Police Department and should not have been in the residence. He was subsequently released to HPD for further processing.

## Policy Memo

U.S. Army Garrison-Hawaii Policy Memo #8 (72-hour Physical Separation of Parties Involved in Domestic Violence) mandates a 72-hour separation period for individuals involved in a domestic assault.

When the 72-hour separation period is initiated, the Soldier is removed from the residence and placed in the barracks under the

supervision of a unit representative (officer or noncommissioned officer) at least one grade higher. In dual military cases, the subject is removed from the residence. If both parties are military and are subjects in the case, the primary aggressor is removed.

In all domestic assault cases, regardless of circumstances or affiliation, all weapons are removed from

the dwelling and placed in a unit arms room.

For further details on the 72-hour separation policy or information on the Family Advocacy Program, please reference USAG-HI Policy Memo #5 (Army Family Advocacy Program for Army in Hawaii). Both memos are available on the Garrison website at [www.garrison.hawaii.army.mil/command/documents.htm](http://www.garrison.hawaii.army.mil/command/documents.htm).

## BRIDGING THE BASICS

# BtB moves knowledge to understanding

COMMAND SGT. MAJ. ALEXIS KING

18th Medical Command  
(Deployment Support)

For centuries, American Soldiers have served bravely, regardless of their backgrounds and walks of life.

The one commonality shared amongst the multiple generations of Soldiers is their indoctrination into a well-disciplined and honorable profession.

Today's force has become the most lethal, yet best educated, army in the world. Our primary resource continues to be the American Soldier.

Many countries and private citizens may ask, "What makes the American Soldier so special?" It all goes back to the term "leadership."

The first official documented Army definition of leadership can be traced back to Dec. 28, 1948: DA Pam 22-1, Leadership, p. 44. This document was signed by Gen. Omar Bradley, chief of staff of the Army. It defined leadership

as "the art of influencing human behavior through ability to directly influence people and direct them toward a specific goal."

Since then, there have been many variations to this definition.

My favorite and most commonly used is "the process of influencing others to accomplish the mission by providing purpose, direction, and motivation." This definition was signed by Gen. Carl Vuono, chief of staff of the Army, in FM 22-100, Military Leadership, of July 31, 1990, p. 1.

The point to all of this is that every process or action in the Army has a dated document delineating the left and right margins. As young Soldiers complete the transition from a civilian mindset into the total Soldier concept, our



King

leaders often provide them with a specified task or purpose. When we asked how to complete the task, they referred us to a field manual or regulation, which became the direction.

If we put it into perspective, every young Soldier conducted reading comprehension both in middle and high school. In many instances, we had to read passages and books and then summarize our understanding of the content. We were then afforded an opportunity to watch the process unfold, followed by immediate feedback in the form of an after-action review.

Getting it right was an awesome reward, hence the opportunity and motivation to receive and solve additional leadership challenges.

*(Editor's note: Find out what techniques can be used so that leadership doesn't "become a hands-off, 9-to-5 business practice.")*

*Read the rest of this Bridging the Basics at [www.hawaiiarmyweekly.com](http://www.hawaiiarmyweekly.com).)*

## FOOTSTEPS in FAITH

# Listeners must choose their emotional stations wisely

CHAPLAIN (LT. COL.) DON EUBANK

U.S. Army Garrison-Hawaii

Drivers enjoy listening to the radio, and some can program their favorite music or radio personality to entertain them. But what they listen to is important, because they're allowing it to influence what they think.

As the adage goes, "garbage in, garbage out." If you listen to enough negative music or vulgarity, eventually that type of negativity will begin to infiltrate other

areas of your life.

If you continue to listen to the little voice inside your head that tells you that you can't do it or that you're not smart, eventually you begin to buy in to that lie. It's like a radio station in your car that never loses reception. Whether you want to listen or not, that voice in your head is constantly on, continually commenting, interpreting what's going on around you, so choose your station wisely.

For some, the station we're listening to is truly a blast from the past, our own version of cruisin' with the oldies, except these oldies are the negative messages and perceptions from our childhood. We know every word, every note, every beat of their litany of negativism, all played with an overarching theme of anger, guilt and

shame.

No matter how sunny the day is, how open the road, how marvelous the view on the horizon, if we're listening to that old station, our outlook is clouded and there's so much noisy, scratchy, irritating static that it's impossible to tune in to happiness.

Those old negative messages are very much the same for many people: "No matter what, I'm not good enough"; "if people really knew me, they wouldn't like me"; and "it's up to me to meet my own needs" are some of the most common negative messages we all struggle with. But these old, negative messages are seldom true; they are a "story" we've told ourselves, but they are not a true story.

With the help of a wise mentor, we can unravel these old messages and find their

origin. In the radiant light of truth, they often lose their strength. This approach requires perseverance to work through those old messages, unravel and expose them. Once exposed, they are ready to be understood and placed in their proper context.

God never intended for us to have our minds filled with negative, destructive messages. For every lie these messages spew, he holds fast with his truth, which is uplifting and refreshing. Fill your mind with the positive power of his good words.

*"Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things" (Philippians 4:8).*

That's the kind of message I want to listen to!

Q:

Why does the Hawaii Army Weekly publish courts-martial findings?

A:

The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

## SJA posts courts-martial results

The Office of the Staff Judge Advocate, 25th Infantry Division, publishes the results of the following recent courts-martial.

•A sergeant from Company B, 209th Aviation Support Battalion, 25th Combat Avn. Brigade, was found guilty of rape of a child, indecent acts or liberties with a child, indecent language with a child and possession of child pornography. The sergeant was sentenced to reduction to private (E-1), confinement for 30 years and a dishonorable discharge.

•A sergeant from Headquarters and Headquarters Troop, 2nd Squadron, 14th Cavalry Regiment, 2nd Brigade Cbt. Team, was found guilty of absence without leave, or AWOL. The sergeant was sentenced to reduction to private (E-1), confinement for 120 days and forfeiture of \$1,021 pay per month for four months.

•A specialist from Co. A, 209th ASB, 25th CAB, was found guilty of sexual assault of a child and sexual abuse of a child. The specialist was sentenced to reduction to private (E-1), confinement for six years and a bad conduct discharge.

**Federal Convictions.** In addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge, these Soldiers will also have a federal conviction that the Soldier must report when filling out a job application. A federal conviction strips a Soldier of many rights, such as the right to purchase and maintain firearms and the right to vote.

## Getting it Straight

The article "More honors, money for Hawaii DODEA schools" in the Feb. 14 issue should have read "More honors, money for Hawaii schools." There are no DODEA schools in Hawaii.

# Voices of Ohana

Since February is a short month, we want to know:

"What do you wish you had more time to do?"

Photos by 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division



"More time to take my family hiking and to the beach."

**Staff Sgt. Jesse Allen**  
Black Hawk repair section NCO, Co. B., 209th ASB, 25th CAB, 25th ID



"More time to conduct leadership training with my Soldiers."

**Chief Warrant Officer 3 Michael Curnutte**  
Armament platoon leader, Co. B., 209th ASB, 25th CAB, 25th ID



"More time to spend with my family."

**Staff Sgt. Jeremy Hendrix**  
CH-47 Chinook mechanic, Co. B., 209th ASB, 25th CAB, 25th ID



"More time to focus on planning my goals."

**Spc. Alan Hyde**  
Chaplain assistant, HHC, 2-25th Avn. Regt., 25th CAB, 25th ID



"More time to spend with my husband."

**Spc. Robin Regalado**  
HR specialist, HHT, 2-6th Cav. Regt., 25th CAB, 25th ID

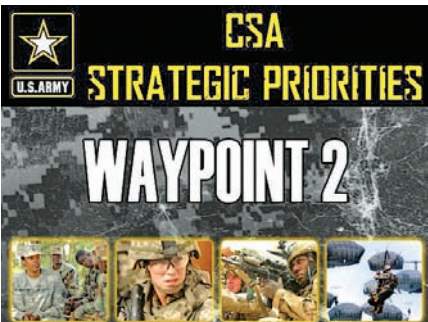


# Chief of Staff provides WayPoint #2 guidance

Last fall, I announced my Vision and Strategic Priorities for the Army. I am providing these to you now in the form of WayPoint #2. I expect every member of our Total Army to read and understand this document. Today's global security environment is characterized by great complexity. To meet the challenges we face, our Army is rebuilding readiness and taking aggressive steps to re-shape our force to answer the nation's call, both today and for the future. Waypoint #2 provides a tool to discuss and



Odierno



implement my priorities across all formations and at every echelon. Everywhere I travel across the Army, I am amazed by the hard work, selfless service and remarkable talents on display by Soldiers, civilians, family members and veterans alike. I thank each of you for your dedication and professionalism. I am proud to serve with you. Army Strong!

**Raymond Odierno**  
General, 38th Chief of Staff  
United States Army

**Leaning Forward**  
For a detailed look at WayPoint #2, visit [www.army.mil/article/118873/Waypoint\\_2\\_Follow\\_up\\_to\\_CSA\\_s\\_Marching\\_Orders/](http://www.army.mil/article/118873/Waypoint_2_Follow_up_to_CSA_s_Marching_Orders/).



**Soldiers looking for challenges beyond their regular military training might want to consider applying for two interesting education opportunities, said Joel Strout, program manager for the Army's Broadening Opportunity Program.**

## Programs broaden opportunities

Story and photo illustration by  
**DAVID VERGUN**  
Army News Service

WASHINGTON — Soldiers looking for challenges beyond their regular military training might consider applying for one of two newly available programs through the Army's Broadening Opportunity Program. The "Strategic Broadening Seminars" and the "Army Special Operations Forces Asia-Pacific Center for Security Studies Fellowship," begin this summer, said Joel Strout, program manager for the Army's Broadening Opportunity Program. The application deadline for both programs is April 4, 2014. The Strategic Broadening Seminars program is an Army chief of staff initiative, and it's specially designed to respond to the 2013 Army leader development strategy as a means to broaden future senior Army leaders, Strout said. The program is open to active, Army National Guard and Army Reserve captains, majors, chief warrant officers 3 and 4, and sergeants first class through command sergeants major. Participants will attend a series of seminars, each about three-to-five weeks long, "based on the study of mutually supportive, yet diverse, strategic focus areas within a small-group environment, which culminates in a strategic action project," he said. Lectures will be given by "top-tier" university professors and other subject matter experts. Strout pointed out a number of motivators for applying to the program. "This opportunity will enhance a Soldier's understanding of the complexities associated with strategic choices, the varied cultures of the interagency and federal government, and diverse approaches to strategic decision-making," he said.

Soldiers wanting to enhance their appreciation for the development and impact of national security policy and strategy will want to apply. Topics will be broad in scope and are intended to support critical and creative thinking, he added. Participants will be in a temporary duty and return/en route status with funds provided by Army G-3/5/7. The Army Special Operations Forces Asia-Pacific Center for Security Studies Fellowship provides an educational experience in broad national security policy, strategy, interagency and management issues, Strout said. The fellowship is open to active component majors and lieutenant colonels in the special forces, psychological operations and civil affairs career fields. The goal of the program is to enable Soldiers to "participate effectively as senior leaders in the formulation and implementation of national security policy that enhances the communications between policy institutions across the departments of Defense and State," he said. Soldiers interested in furthering their knowledge and expertise in national security policy, strategy, interagency and operational challenges will be especially interested, he added. Participants will make a permanent change of station to the Asia-Pacific Center for Security Studies in Honolulu, reporting in August. The fellowship lasts 12 months.

**Learn More**  
More details and seminar locations are available within MILPER Message 14-045. Also, more on the fellows program is available in MILPER Message 14-047.



Gustavo Bahena, Fort Irwin Public Affairs  
**Sgt. Maj. of the Army Raymond Chandler III (right) has lunch with junior NCOs of the National Training Center.**

## SMA says trust, respect essential to Army profession

**GUSTAVO BAHENA**  
Army News Service

FORT IRWIN, Calif. — Trust and respect. Those two words and themes were expanded on by the Army's top noncommissioned officer to a group of junior enlisted Soldiers at the National Training Center, here, Feb. 19. Sgt. Maj. of the Army Raymond F. Chandler III elaborated on those topics in a mid-morning gathering of Soldiers from various units on this high desert military installation. Chandler, the 14th sergeant major of the Army, was on his first day of a two-day visit to the National Training Center. The meeting with Soldiers in ranks below sergeant allowed him to discuss values he associates with successful Soldiers. Chandler began with an explanation of what it is to be part of the Army profession. Not every occupation is a profession, he said, but Soldiers are part of one, which necessitates they follow and abide by a code similar to what doctors and lawyers are required to do in their fields. "The military is the same way," Chandler said. "You go to school. You're tested. You go through the process and you graduate from (advanced individual training). From that moment forward, we have the ability, given to us by the American people, to self-police. We set our own ways for people to get promoted, and they have to share and show confidence and have to live the Army's values."

Chandler explained even further that there are three fundamental characters inherent in Soldiers to be true professionals: character, commitment and competence. "In other words, if you don't exhibit these qualities, then you are not the professional that you say that you are," he said. The three qualities listed by Chandler set the groundwork for trust and respect. "Our profession demands equal weight on character, commitment and competence, and if you're not willing to meet those needs, those performance measures, then you are not the professional that we need in the Army," Chandler said. "And I want you take this back to your fellow Soldiers, because if you're not a professional, if you're not competent, or committed, or a person of character, how are we going to establish trust amongst one another?" Trust is the foundation

of the Army, Chandler continued. If Soldiers can't trust each other, how can they put their lives in each others' hands when required in a deployment scenario, he asked. "Our profession dictates that trust has to be extended to one another, but if you can't be a person of character, commitment and competence, you're not going to get the trust that you need," Chandler said. "And if you are one of those individuals, you are actually not a professional." Chandler imparted that Soldiers, from the most junior to the highest ranks, have a duty to self-police, and not be a bystander when corrections are necessary. The Army, and individual Soldiers, should not have to tolerate a person with little character or commitment. He explained that the problem of sexual assaults in the Army can be addressed directly through self-policing and that every Soldier, as dictated by the Warrior Ethos, has the responsibility to never leave a fallen comrade, which includes sexual assault victims. "It's time for us to decide that we've had enough," Chandler said. "Prevent, and then if you see it happen — if you're aware that it happened — don't be that bystander; get engaged. Your job is to intervene, not to be a bystander." Respect is also crucial to combating the sexual assault problem, Chandler explained. Refraining from and stopping inappropriate conversations of a sexual nature are an example of Soldiers being committed to showing respect for oneself and others. "It's a sensitive issue and we don't talk about it enough," Chandler said. "Is it OK to be talking about who you hooked up with over the weekend in your business life? It's not. But we tolerate it. And if we can't respect one another, we're not committed to this thing we call a profession. Each and every one of us have a responsibility to say 'that's not OK.'" The Army has been handed a huge responsibility when the country's sons and daughters have been placed under its care, Chandler said. Protecting the Army family, the team, is the job of every Soldier. "We have to know that we can trust one another and that we're going to self-police," Chandler said. "Because our credibility as an Army, our ability to fight and win our nation's wars will be challenged or compromised by our inability to not look out for one another."

*(Editor's note: Compiled with support from Fort Irwin Public Affairs.)*



Jason Miller, Fort Irwin Public Affairs

**Sgt. Maj. of the Army Raymond Chandler III (left) is briefed at the Mary E. Walker Clinic by Sgt. Ivy Portillo, Behavior Health Clinic, during a tour Feb. 19.** (Photo has been altered from its original form; back ground elements have been removed.)

## President announces 24 veterans to receive the Medal of Honor in March

**DAVID VERGUN**  
Army News Service  
WASHINGTON — President Barack Obama announced today that he will award the Medal of Honor to 24 veterans during a March 18 ceremony at the White House. Seven awards will go to World War II veterans, nine to Korean War veterans and eight to Vietnam War veterans. All awards are posthumous with the exception of three living Vietnam veterans. The award, the highest for valor, is an upgrade from the Distinguished Service Cross that many Soldiers re-



ceived for intrepid actions, personal bravery and devotion to duty during actions against enemy forces.

**World War II Awardees**

- Pvt. Pedro Cano, for actions near Schevenhutte, Germany, in December 1944;
- Pvt. Joe Gandara, for actions during the landings in Normandy, France, in June 1944;
- Pfc. Salvador J. Lara, for actions during the Anzio Campaign in Italy in May 1944;
- Pfc. William Leonard, for actions

- in France in November 1944;
- Tech. Sgt. Manuel V. Mendoza, for actions at Mount Battaglia, Italy, in September 1944; and
- Sgt. Alfred B. Nietzel, for actions during the Battle of Hurtgen Forest, Germany, in November 1944.

**Korean War Awardees**

- Cpl. Joe R. Baldonado, for actions near Kangdeng in November 1950;
- Sgt. Victor H. Espinoza, for actions during the Battle of Old Baldy in August 1952;
- Sgt. Eduardo C. Gomez, for actions at Tabu-dong in September 1950;
- Pfc. Leonard M. Kravitz, for actions in Yangpyong in March 1951;
- Master Sgt. Juan E. Negron, for ac-

- tions near Kalma-Eri in April 1951;
- Master Sgt. Mike C. Pena, for actions in Waegwan in September 1950;
- Pvt. Demensio Rivera, for actions near Changyong-ni in May, 1951;
- Pvt. Miguel A. Vera, for actions during the Battle of Old Baldy in September 1952; and
- Sgt. Jack Weinstein, for actions near Kumsong in October, 1951.

**Vietnam War Awardees**

- Spc. 4 Leonard L. Alvarado, for actions in Phuoc Long province in August 1969;
- Sgt. 1st Class Felix M. Conde-Falcon, for actions in Ap Tan Hoa in April 1969;
- Spc. 4 Ardie Ray Copas, for actions

- in Cambodia in May 1970;
- Spc. 4 Jesus S. Duran, for actions in Tay Ninh in April 1969;
- Sgt. Santiago J. Erevia, for actions near Tam Ky in May 1969;
- Sgt. Candelario "Cid" Garcia Jr., for actions near Lai Khe in December 1968;
- Sgt. 1st Class Melvin Morris, for actions near Chi Lang in September 1969; and
- Master Sgt. Jose Rodela, for actions in Phuoc Long province in September 1969.

**Living Recipients**

Erevia, Morris and Rodela, all who served in Vietnam, are the living recipients of the Medals of Honor.



# 94th AAMDC participates in international war game

**SGT. 1ST CLASS KARRY JAMES**  
94th Army Air and Missile Defense Command, Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — The 94th Army Air and Missile Defense Command (AAMDC) joined Air Force, Navy, Marine Corps and Japanese forces, recently, at the 613th Air and Space Operations Center for a weeklong war game exercise that is considered a test bed for advancing bilateral air and missile defense.

The Integrated Air Missile Defense (IAMD) war game series is a Navy War College exercise that is conducted by invitation only.

The exercise was set up to be led by flag and general officers that formed a bilateral operational command, here, and at Yokota Air Force Base Air Operations Center (AOC).

Japan Air Self Defense Force Maj. Gen. Yutaka Masuko, director of the Defense Plans and Operations directorate at the Air Defense Command headquarters, and Japan Maritime Self Defense Force Rear Adm. Ryo Sakai, commanding officer of Escort Flotilla One, led the team of Japanese air and missile defense planners during the exercise. The 613th AOC of Pacific Air Forces (PACAF) hosted the event.

“The goal of this exercise is to continue bilateral integration between our

two nations to promote the security and stability of the Asia-Pacific region,” said Maj. Gen. Kevin Pottinger, mobilization assistant to the PACAF commander. “Integration and ally engagements are keys to the success of mutual defense of Japan and continued free access to the Global Commons.”

The event is a continuation of previous exercises that provide opportunities for members from each nation to work together as well as enabling important joint U.S. training. Bilateral engagements are central to U.S. and Japanese shared goals of security and regional stability, according to Pottinger.

“We have made great progress working with our Japanese allies to enhance the integration of our air and missile defense operations,” Pottinger said. “This exercise strengthened our highly synchronized, bilateral control of integrated air and missile defense.”

PACAF took the lead in using the exercise to further develop staff capabilities here in the Pacific region and invited several of the region’s top IAMD community personnel, including the 94th AAMDC to participate.

“This exercise allows us to address our joint and combined partners in a focused environment on matters regarding integrated air and missile de-

fense issues,” said Lt. Col. James Reese, plans and exercises chief, 94th AAMDC. “The fact that the Navy War College is working aggressively to truly get at the joint and combined approach to this fight is important.”

IAMD exercises have been occurring during the past seven years. Every year, another level of complexity has been added to the exercise, with additional cooperation and participation by coalition partners.

“By operating so closely together, we are not only furthering relations at the individual level, but we are building partner capacity at the operational level,” said Reese. “We all understand the application of doctrine in exercises like this. The importance to me is the nuance of applying the doctrine while operating with a partner military with its own cultural aspects.

“Their decision cycles are different than ours, and it is educational in understanding this and incorporating it into our own processes,” Reese added.

Air Force Maj. Gen. Paul McGuillicuddy, chief of staff, PACAF, said in a letter that the exercise advances counter-air operations, as well as strengthens the U.S.’s bilateral partnership with Japan.

*(Editor’s note: Air Force Capt. Justin Billot wrote a portion of this article.)*



Photo courtesy 94th Army Air and Missile Defense Command

**KWAJALEIN ATOLL, Republic of the Marshall Islands — A 94th AAMDC Terminal High Altitude Area Defense interceptor is launched, Sept. 10, 2013, during a successful test.**

## Financial education gives spending, saving guides

Story and photo illustration by  
**C. TODD LOPEZ**  
Army News Service

WASHINGTON — As the Department of Defense embarks on “Military Saves Week,” Feb. 24 through March 1, the Army wants Soldiers, civilians and their families to know that year-round it provides financial education — including information on how to save — at installations across the force.

As part of “Military Saves Week 2014,” service members and their families can point their Web browser to [militarysaves.org](http://militarysaves.org) to take the pledge to save money.



**This week was "Military Saves Week." Call the Schofield Barracks Army Community Service at 655-4227 for more information on financial management classes.**

Installation Management Command (IMCOM).

Johnson said service members, civilians and family member finances are keys to successful service and enjoying a satisfactory lifestyle while in the Army. She said that while there is a focus on saving and financial awareness, especially during Military Saves week, the Army offers financial training to Soldiers, civilians and their families year-round.

The Army also provides mandatory training to Soldiers throughout their careers, beginning with initial entry training. That training spans an array of financial topics, to ensure that Soldiers and their families are financially literate and are able to build budgets for their families now, and plan for their future.

Financial readiness is one component of Soldier and Army readiness, said Michael A. Wood, chief of transition support services at IMCOM. He said when a Soldier has his or her finances in order, that translates to increased personal readiness. And that means increased mission readiness for the Army and increased personal satisfaction for service and family members.

“If a Soldier doesn’t have to worry about his finances, that’s one less thing to think about as they go downrange to deploy, while they build an Army career,” he said. “If you are financially secure, you will be more resilient and more ready to help defend the country.”

Through Army Community Service, IMCOM provides personal financial managers to Soldiers, civilians and their families to counsel, train and mentor them on the financial issues and challenges that life brings, Wood said.

Those programs begin as early as basic training. There, Soldiers get about 2.5 hours of mandatory training on military pay issues and banking and financial services, said Johnson. After Soldiers leave basic training, they get an additional eight hours of mandatory financial education during advanced individual training.

*(Editor’s note: Read the full story about Military Saves Week online at [www.hawaiiarmyweekly.com](http://www.hawaiiarmyweekly.com).)*

## ‘Saves Week’ is every day

**CHERIE HUNTINGTON**  
Defense Commissary Agency

FORT LEE, Va. — The annual Military Saves Week campaign that began Monday and ends Saturday aims to encourage military members and their families to save, reflecting the theme “Set a goal, make a plan, save automatically.”

As a campaign partner, the Defense Commissary Agency offers savings every day by delivering 30 percent or more savings on groceries.

“We sell at cost since we provide a non-pay benefit earned through military service,” said Randy Chandler, DeCA’s director of sales. “Shopping consistently at your commissary saves you money without the hassle and expense of driving all over town looking for items on sale.”

Commissary shoppers also use coupons to achieve even higher savings, he said. Last year, they redeemed nearly 100 million coupons for customer savings of about \$91 million.

“Our customers know coupons equate to

**Learn More**

For more information or to register for a rewards card, visit <https://deca.couponselectionpage.com/offers/all>.

Commissary customers can always go to the DeCA website, [www.commissaries.com](http://www.commissaries.com), to find information about what’s on sale at their local commissary through the “Shopping Aisle” tab, and they can also access the “Exclusive Savings” link to find more coupons, specials, promotions, sales and healthy recipes.

Customers can join “Military Saves” via Facebook, Twitter, the Web page and monthly newsletter. Visit [www.militarysaves.org](http://www.militarysaves.org) for more information.



Photo by Sarah Pacheco, Hawaii Army Weekly

**The Schofield Barracks Commissary encourages shoppers to get a Commissary Rewards Card and see how coupons help them bag even more savings on their grocery bill.**

cash,” Chandler said, “and the Commissary Rewards Card delivers even more savings via paperless coupons to download onto your card.”

In addition to digital coupons, patrons can also find special commissary promotions offered through the rewards card program.

The Military Saves website offers tips on saving money, living well and spending less. Not surprisingly, many ideas call for more meals made at home and brown bag lunches for work and school, and the commissary can simplify those efforts.

Easy, economical meals at home save money, but leftovers compound the value by providing future ready-to-heat meals, especially when chili or hearty soups grace the menu. This practice can turn a \$25 meal out on the town into a \$5 meal made with good health in mind.

Toting lunch to work doesn’t have to be boring, and the commissary can help keep the lunch box interesting, as well as economical. Not only during Military Saves Week but also year-round, commissaries worldwide support the campaign by providing information on personal financial awareness and preparing nutritious meals for less.

Military Saves is part of the Department of Defense’s Financial Readiness Campaign to encourage military families to save money every month.



PTA

POHAKULOA TRAINING AREA

Big Island veterans’ groups meet to collaborate

**U.S. ARMY GARRISON-POHAKULOA**  
Public Affairs

POHAKULOA TRAINING AREA, Hawaii — Representatives from most of the veterans’ groups on the Big Island of Hawaii gathered, here, Feb. 15, to exchange information and to collaborate on issues of common interest and concern.

An introduction and overview of the garrison was provided by Lt. Col. Eric Shwedo, commander, U.S. Army Garrison-Pohakuloa.

Leaders from the veterans’ groups introduced themselves and highlighted their group’s goals, objectives and concerns.

The meeting adjourned with the veterans renewing in their commitment to help one another.

Ground and aviation units from the 25th Infantry Division provided a static display of helicopters, vehicles, howitzers and small arms, and Soldiers demonstrated their equipment and discussed its capabilities.

In return, veterans shared their military experiences with the Soldiers. Old Soldiers spoke of harrowing events with similar weapons and equipment, while the new Soldiers shared more recent experiences.

“This turned out to be a great event that allowed the current Soldiers to tie back into our roots,” said Shwedo. “Hopefully, it will begin an era in which veteran groups from across the island will meet on a regular basis to collaborate on common issues.”



Photo courtesy U.S. Army Garrison-Pohakuloa Public Affairs

**The 25th ID sets up a static display for veterans, Feb. 15. Soldiers demonstrated use of their equipment and discussed capabilities while the Big Island veterans shared their military experiences with similar weapons and equipment.**

Leaders’ walk builds relationships

**JASON LEDFORD**  
Army Community Service  
Directorate of Family and Morale  
Welfare and Recreation  
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — The Army is like a fortified fighting position; it has to be continually improved to provide the best protection and support for the troops.

Likewise, it is each Soldier’s responsibility to improve his own fighting position.

Many people would agree that this philosophy is what makes the Army the greatest fighting force in the world. The Army trains Soldiers at every level to become leaders and improve the Army at every chance. Therefore, the Army is continually building a stronger fighting force.



Photo courtesy Schofield Barracks Army Community Service

**Senior leaders from Co. D, 2-27th Inf. Regt., 3rd BCT, 25th ID, visit ACS to provide junior leaders an opportunity to learn about Army programs available that support Soldiers.**

gram and learn more about the services offered.

“The Leaders’ Walk is an excellent opportunity for leaders and service providers to build stronger relationships. It makes a difference when you get to meet face-to-face and have a conversation,” said Bonnie Cordeiro, FAP senior prevention educator. “I know it was helpful for me to be able to ask the leaders about what kinds of things might be affecting their Soldiers’ ability to work at their top form.

“I can take that information back and look at ways we can meet those needs from a prevention standpoint,” Cordeiro explained. “It helped the leaders to understand the difference between our FAP

Prevention, Education & Outreach and the FAP treatment services. This is a common misunderstanding.”

**Army Strong!**

Army leaders have many opportunities to build a stronger team. Likewise, Soldiers and family members also have opportunities to help build a stronger team.

If you’re a leader, Soldier or family member and interested in learning about programs offered to help build a stronger team, call the Family Advocacy Program at 655-4227.

AER: Soldier shares story

CONTINUED FROM A-1

tions to provide loans to individuals and families who find themselves in monetary distress.

“Some people think (AER) is only for simple things, like emergency travel, initial rent deposits, vehicle repair, but we do so many more things,” said Foley, who served in Vietnam with the 2nd Battalion, 27th Infantry Regiment, “Wolfhounds,” 3rd Brigade Combat Team, 25th ID.

“It’s a broad mission that we have, and I think from time to time it’s important for us to come and create that awareness with the commanders and the sergeants major and the spouses, who can pass (the message of AER) on to the Soldiers, so they don’t end up going to payday (loan) lenders,” he explained. “It gets the Soldiers and the leaders caught up in the spirit of what Army Emergency Relief is all about, and that is to take care of Soldiers’ financial needs, should a situation come up.”

While Foley’s words highlighted the importance of AER, the true impact of its reach came when several Soldiers took the stage to share their personal experiences with the program.

One of the speakers, Staff Sgt. Gabriel Cambran of Company B, 2-27th Inf. Regt., recalled when his family’s vehicle broke down following an unfortunate run-in with a pothole.

“This program was an answer to our prayers. With a simple and easy application process, my wife and I were able to get the funds we needed to repair the truck and get our lives back on track the very next day, even with me being overseas,” he said.

**Army Emergency Relief**

AER operates at Schofield Barracks and 79 other U.S. Army installations worldwide.

Through reciprocal agreements between AER and the other Military Aid Societies, Soldiers and their dependents have access to emergency financial assistance from AER through representatives from the Air Force Aid Society, Coast Guard Mutual Assistance, the Navy-Marine Corps Relief Society and the American Red Cross at an ad-

ditional 908 locations around the world.

Soldiers and Guardsmen on continuous active duty for more than 30 days and their families, retirees, widows and widowers, and the orphans of Soldiers who have died on active duty, or after they have retired, are all eligible for an AER loan.

To contact the Schofield Barracks AER, call 655-4227/1714/7132.

To learn more about AER or to donate, visit [www.aerhq.org](http://www.aerhq.org).

Cuts: Dempsey, Hagel to testify on budget

CONTINUED FROM A-1

budget calls for saving billions by retiring the A-10 fleet and the 50-year-old U-2 surveillance plane.

Hagel warned that the Air Force faces much deeper cuts if sequestration is not avoided in 2016.

Hagel said most of the recommendations in the budget were accepted by senior military officers. Addressing reporters alongside him, Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, said the spending plan reflects a balancing of the military while ensuring it remains the world’s finest.

“It reflects in real terms how we’re reducing our cost and making sure the force is in the right balance,” Dempsey said.

Dempsey and Hagel will testify on the budget before Congress next week. Lawmakers will have the final say on spending decisions.

“This is the first time in 13 years we will be presenting a budget to Congress that is not a war footing budget,” Hagel noted. *(Follow Nick Simeone on Twitter: @SimeoneAFPS.)*





# CDL, motorcycle tests move to Kaneohe

**HAWAII DEPARTMENT OF TRANSPORTATION**  
News Release

HONOLULU — Beginning Monday, March 3, the road test portions of the Commercial Driver License (CDL) test and the Motorcycle Driver License skills test will be moving to a temporary location at the Hawaii Department of Transportation’s (HDOT’s) Kaneohe Baseyard. The last day for the CDL road tests at the current Salt Lake Boulevard location was Wednesday. Remaining non-road test services offered by the CDL licensing office, located at 99-501 Salt

Lake Blvd., will continue directly across the street from Aloha Stadium’s main parking entrance (on Salt Lake Blvd). Office hours will continue to be 6:45 a.m. to 3 p.m.

Free parking for CDL customers at the Salt Lake Boulevard location will be available in Outer Row E of the main stadium parking lot on non-event days only. On event days, CDL customers will be required to pay event parking fees. (See parking map.)

Services offered at the HDOT Kaneohe Baseyard location at 45-889 Pookela St., Kaneohe, include the following:

- Motorcycle Skill Test;

- CDL Pre-Trip and Vehicle Inspection Test;
- CDL Basic Vehicle Control Test (Off-Road Skill Test); and
- CDL Road Test.

This move is necessary as the Salt Lake Boulevard location will be used for construction of the Honolulu Rail Transit project.

CDL tests at the Kaneohe site will be administered by appointment only, and appointments may be scheduled in advance at the Salt Lake Boulevard CDL office.

Motorcycle skills test will be administered at the Kaneohe site on a first-come, first-served basis with a maximum of 10 applicants at 9 a.m., daily, beginning March 3.

A reminder that no CDL tests will be offered today, Feb. 28, and testing will resume at the Kaneohe location on Monday, March 3. Also, motorcycle testing will conclude today at the stadium site.



**Internet Superhighway On-Ramp to HDOT**

For more information on commercial licenses, call the CDL office at 487-5534. For details on motorcycle training courses, contact Leeward Community College at 455-0477 or go to [www.ocewd.org/personal-enrichment](http://www.ocewd.org/personal-enrichment). For a complete listing of services on Oahu, check the City & County of Honolulu at [https://www1.honolulu.gov/csd/vehicle/faqs\\_cdl.htm#location](https://www1.honolulu.gov/csd/vehicle/faqs_cdl.htm#location).



Send announcements for Soldiers and civilian employees to [news@hawaiiarmyweekly.com](mailto:news@hawaiiarmyweekly.com).

**Today**  
**Short Suspense!** — The 2014 Excellence in Federal Government Awards is accepting nominations of

outstanding federal employees in the Honolulu-Pacific area. The USAG-Hawaii commander may submit one nomination for each category recognizing achievements accomplished for 2013.

Applications must be clean, readable and submitted by Monday. Call 656-1149.

**Last Call** — Today is the deadline for articles and photographs for the Apr-May-Jun 2014 “Environment and Sustainability” edition of the Public Works Digest. Articles should be of interest to the Public Works community. To submit, contact the garrison Public Affairs Office at 656-3155.

**March 11 / Tuesday**  
**Sailor Noon** — The Armed Forces Communications and Electronics Association hosts a buffet luncheon at Fort Shafter’s Hale Ikena, 11 a.m. The guest speaker will be Adm. Harry Harris, commander, U.S. Pacific Fleet. Call 441-8565/8524 or visit <http://afcea-hawaii.org> to register.

**19 / Wednesday**  
**Celebrating Women** — Join the garrison’s Equal Employment Opportunity office to celebrate Women’s History Month, 11 a.m.,

at Wheeler chapel. The theme for 2014 is “Character, Courage and Commitment.” Call 655-9378.

**Ongoing**  
**Moving Soon?** — U.S. Transportation Command and the Military Surface Deployment and Distribution Command strongly suggest you begin your move via the Defense Personal Property System (DPS). Visit [www.move.mil](http://www.move.mil).

**Rerun Recruiters Requested** — Former recruiters can earn a \$4,000 bonus if they reclassify and return to Recruiting Command for a minimum of 36 months. See your career counselor for more info.



Traffic Report lists closed roads, limited routes, construction detours and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources. The state reminds motorists to drive with aloha.

For an up-to-date listing of Army traffic advisories, visit [www.garrison.hawaii.army.mil/info/trafficcalendar.htm](http://www.garrison.hawaii.army.mil/info/trafficcalendar.htm).

Unless otherwise noted, all phone numbers are 808 area code.

**Today**  
**Radio Flyers** — HDOT reports that the AM/FM rebroadcast system in the H-3 freeway tunnels has been updated this month from the original system installed in 1995. The system should be renewed every 20 years.

The AM/FM rebroadcast system allows motorists to hear emergency and radio broadcasts within the tunnels, through a series of antennae, repeaters and transmitters.

Although signals from some stations may not be strong enough in parts of the tunnels, most AM/FM stations should be clearer.

**March 5 / Wednesday**  
**Public Meeting** — HDOT will hold a public info meeting to discuss the Kamehameha Highway Improvements and Environmental Assessment in the Mililani area, specifically between Lanikuhana Avenue and Ka Uka Boulevard. The project may include widening of the existing corridor or installing a new alignment to the road.

HDOT representatives will address community concerns and answer questions, 5:30 p.m., at Mililani Middle School cafeteria, 95-1140 Lehiwa Dr. Call 842-1133.

**17 / Monday**  
**St. Pat’s** — Designated drivers with Service Members Against Drunk Driving (SADD) are available if a Soldier has had too much to drink on St. Patrick’s Day. Volunteers are available, 11 p.m.-4 a.m., for free, confidential rides home. Call 377-0549 or 224-1907 for more details or to volunteer. Visit <http://vimeo.com/76240205>.

Alternatives include calling one’s chain of command or a taxi, or securing a hotel room. Drunk driving — or worse — is more expensive!



# Experience KMC

A hidden lava lake within Halema'uma'u Crater lights up the night sky above Kilauea on the island of Hawaii.

Keith Burnett

## Big Island lodge offers exclusive stay near volcano

### KILAUEA MILITARY CAMP News Release

**V**OLCANOES NATIONAL PARK, Hawaii — Steps from one of the world's most famous volcanoes — Kilauea, and its crater, Halema'uma'u — Kilauea Military Camp (KMC) offers a unique, and exclusive chance for military families to stay in proximity to one of nature's great wonders.

For many who have experienced both the national park and lodging accommodations that feature working fireplaces and many other family-friendly amenities, the getaway earns a "definite must" recommendation for a Hawaii tour-of-duty adventure.

KMC is nestled within the vast acreage, here, at the summit of Kilauea and near the rim of Halema'uma'u, a sometimes-bubbling lake of lava.

The park offers driving, touring and hiking opportunities that offer the chance to explore ancient and recent fields of lava.

#### Maintaining its original qualities

First opened in 1916, KMC sits 4,000 feet above sea level, with more than 60 acres set in a lush forest dotted with 91 cottages, ranging from one to seven bedrooms.

"It (KMC) has become a repeated gathering place for our valuable military members of all services, along with their spouses and children, to enjoy quality time at a secluded getaway in a unique country setting," said Randy Hart, commander of KMC from 1989 until 1992, and then serving as KMC's first civilian director for the past 20 years.

For almost a century, this mountain resort has served as a great lodging facility for military to explore the numerous exotic qualities of the island, such as the glow of the lava at Kilauea and the snow-capped peaks of Mauna Kea, one of the tallest mountains in the world.

"KMC's core mission and focus remain the same through those many decades since its origin," said Hart. "The rustic cabins of decades past, with kerosene heaters, wood-burning fireplaces and the shag carpet of the '70s, have been continuously improved to reveal modern-day interiors with abundant amenities, while still preserving the historic look of the exteriors."

#### KMC's early history

KMC originated in the summer of 1916.



While the military expressed an interest in stationing troops in this Hawaiian wilderness as early as 1911, it took an enterprising group of Hilo businessmen to raise the necessary funds to build and operate a permanent camp in 1916 by leasing a 52-acre parcel of what was then Bishop Estate land.

KMC greeted its first group of U.S. Army Soldiers from Company A, 2nd Infantry, Nov. 6, 1916. Three buildings for dining and recreation were still unfinished, so the visiting Soldiers were expected to provide their own sleeping tents.

A couple weeks later, Nov. 17, KMC was officially opened, and many Soldiers came to this unique site through 1917.

Due to lack of use in the early years, KMC proved unprofitable for the local businessmen. In 1921, the Army acquired control of KMC and then assigned a staff to the camp. By the end of 1922, about 5,000 enlisted men had visited KMC. The site eventually expanded to include guest cottages, a post exchange, a bakery, a barber shop, and light and water plants.

As part of the original agreement, the Navy built its own rest and recreation camp on a 14-acre parcel adjacent to KMC in 1926. The Navy

camp was transferred to KMC's control in 1935, however, due to a slow resolution of the lease agreement between the Park Service and the Navy.

In the 1940s, KMC served as both a Japanese internment camp at the beginning of World War II and as a prisoner of war camp during the latter part of the war.

Numerous dignitaries have visited KMC, including Gen. Dwight D. Eisenhower, who was the Army Chief of Staff in 1946, who later became president.

KMC opened to all military branches in 1949.

#### It's called "Big Island"

Hawaii Island, better known as the "Big Island," is the largest of all the Hawaiian Islands and offers diverse activities and opportunities to explore, depending on which part of the island.

It's home to the largest mountains in Hawaii, an erupting volcano that has been continually active since 1983, and hosts 11 of the 13 major climate zones, ranging from dry coastal to desert to tropical lush forests to snow-capped mountains.

Hawaii Island is birthplace to both Kamehameha the Great and Hawaii's own cowboys, called paniolo.



#### Contact Information

Select Oahu-based Morale, Welfare and Recreation ITT and ITR offices can book KMC lodging reservations, along with other travel needs, for eligible patrons.

To find out about special offerings, or to book reservations, call (808) 967-8333 or visit [www.kmc-volcano.com](http://www.kmc-volcano.com).



Photos courtesy Hale Koa Hotel

**Left — More than 90 cottages are parceled out over 60-plus acres of upland forest at KMC.**

**Below — The fireplace is the focal point of this living room in one of KMC's premier cottages.**



#### KMC eligibility and amenities

Kilauea Military Camp is open to all active and retired armed forces, Reserve/National Guard, dependents, other uniformed services, and current and retired Department of Defense civilians, including Coast Guard civilians and sponsored guests.

Reservations are accepted up to one year in advance.

Camp amenities include a general store, post office, fitness center, recreation center, laundromats, café, gas station, shuttle service, conference rooms, catering and scheduled/narrated tours around the island.

"The grounds and buildings of this 62-acre resort are carefully maintained to enhance the park surroundings," said Randy Hart, KMC director.

KMC can accommodate up to 100 people in its dormitory lodging. Affordable group package arrangements can include lodging, tours, transportation, conference rooms, catering service and/or recreational activities.

The National Park Service normally collects an entrance fee of \$10 per vehicle, but by showing your military common access card or dependent ID card at the entrance station, visitors are eligible to receive an annual pass valid for all U.S. National Parks.



A young boy watches steam rise from cracks surrounding Kilauea's crater.

Ana Phelps





Briefs

Today

**Hawaiian Luau Lunch Buffet** — SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974) host local-style food, every last Friday of the month.

**Aloha Friday Barbecue** — The SB Leilehua Grill offers a Friday barbecue lunch special, beginning at 11 a.m., until sold out. Menu items include smoked brisket ribs, pulled pork, barbecue chicken, pork chops, baked beans, cole slaw, potato salad and cornbread. Items cost \$8-\$10. Call 655-7131.

March

1 / Saturday

**Ladies Golf Clinic** — Ladies can experience a free 30-minute golf lesson at Leilehua Golf Course from PGA professionals. Lessons are offered the first Saturday of the month by appointment only. Call 655-4653.

**Surfing 101** — Learn to surf like the pros with Outdoor Recreation. Class at White Plains Beach; open to patrons ages 10-99. Cost is \$59 per person. Call 655-0143.

2 / Sunday

**Hale Ikena Sunday Brunch** — FS Mulligan’s Bar & Grill hosts from 10 a.m.-1 p.m. Call 438-1974.

3 / Monday

**Workweek Lunch** — SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974) offer daily lunch, 11 a.m.-1 p.m. Enjoy buffet-style or menu items.

**Pau Hana Social Hour** — SB Kolekole Bar & Grill hosts an after-work fun time, 4:30-6:30 p.m., Monday-Wednesday, and 4-6 p.m., Thursday-Friday. Enjoy discounted appetizers and domestic draft beverages. Call 655-4466.

**Mongolian Barbecue** — Select your favorites from a large variety of meats and vegetables, 5 p.m., every Monday at SB Kolekole Bar & Grill, and grilling will be to your liking. Cost is 65 cents for each ounce. Call 655-4466.

4 / Tuesday

**2014 Youth Track & Field Reg-**



Photo courtesy Oahu Army Natural Resources, Directorate of Public Works, U.S. Army Garrison-Hawaii

**Kapua Kawelo (in orange shirt), federal biologist, Directorate of Public Works, U.S. Army Garrison-Hawaii, points out the view at Makua Valley overlook during a past volunteer cleanup event.**

‘Species Awareness’ is March 3-9

HAWAII STATE DEPARTMENT OF AGRICULTURE  
HAWAII INVASIVE SPECIES COUNCIL  
HAWAII STATE DEPARTMENT OF LAND AND NATURAL RESOURCES

Joint News Release

HONOLULU — The State of Hawaii kicks off the second annual Hawaii Invasive Species Awareness Week (HISAW) with a proclamation ceremony in the Capitol Auditorium, here, March 3.

“Protecting our islands from the threat of invasive species remains a top priority,” said Gov. Neil Abercrombie.

“We are experiencing a biological crisis involving a multitude of invaders,” Abercrombie noted. “Each represents a deadly threat to our isolated ecosystem, natural resources and economy, and I ask for the public’s engagement in addressing this menace.”

The Hawaii Invasive Species Council (HISC), in partnership with the Coordinating Group on Alien Pest Species, county-based Invasive Species Committees, Division of Aquatic Resources, Hawaii Biodiversity Information Network and The Nature Conservancy, is coordinating the following series of public events and activities in recognition of HISAW:

●**HISAW Kickoff at the Capitol** — March 3, 9 a.m.-noon, Capitol Auditorium. Browse information booths

presented by the Department of Land and Natural Resources’ Division of Aquatic Resources and Division of Forestry and Wildlife; the Waianae Mountains Watershed Partnership; U.S. Army Garrison-Hawaii’s Oahu Army Natural Resource Program (part of the Directorate of Public Works); the University of Hawaii; and more.

●**Be a Beetle Buster & Help Save Hawaii’s Coconut Trees** — Kicks off March 3. Participate in HISAW online by joining this special “mission” to survey all coconut trees in Hawaii for the Coconut Rhinoceros Beetle. For more information and instructions, go to <http://dlnr.hawaii.gov/hisc/hisaw/>.

Other volunteer opportunities occurring statewide, March 3-9, include removing invasive species at Lyon Arboretum in Manoa and pulling weeds on the off-shore islet of Mokuauia and in the Koolau Mountains.

To learn more about the local-level HISAW and to view a full list of volunteer activities, visit <http://dlnr.hawaii.gov/hisc/hisaw/>.

Learn More

See next week’s p. B-1 for local coverage by the Oahu Army Natural Resource Program, DPW, USAG-HI.

**istration** — CYSS Youth Sports hosts new developmental program. Register March 4-31 at the nearest Parent Central Services. Cost is \$40 at registration for youth born between 1996-2007.

**Mask Making Session** — Learn how to make a three-dimensional mask, 4-5 p.m., Sgt. Yano Library, using everyday materials like paper, glue, pipe cleaners and markers.

Instructor Yukie Shiroma has been working in dance and mask performances nationally and internationally for more than 20 years.

Space is limited for the free session; call 655-8002 to reserve your seat.

**Bling My Cell** — Show off your cell phone to see who has the most “bling,” every Tuesday in March, at the Tropics. Call 655-5698.

**Taco Tuesday Night** — SB Kolekole Bar & Grill offers three tacos, rice and beans specials for \$4.99. Call 655-4466.

5 / Wednesday

**Meet and Greet** — Kamar de los Reyes (voice of Raul Menendez) and James C. Burns (voice of Sgt. Frank Woods from “Call of Duty Black Ops 2”) will be at the Tropics Recreation Center for a “Meet and Greet,” 11 a.m.-1:30 p.m. and 5:30-6:30 p.m.,

courtesy of the USO. Those age 18 and older, with valid military ID, admitted to attend free event. Call 655-5698.

**BOSS Meetings** — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call Spc. Jennifer Coggins, BOSS president, 655-1130.

Attend these meetings:  
●North meetings, 3 p.m., 1st and 3rd Wednesday, SB Tropics Warrior

See FMWR Briefs, B-4

community Calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

Today

**DeCA Scholarships** — Applications for the 2014 Scholarships for Military Children Program are available at commissaries or online at [www.militaryscholar.org](http://www.militaryscholar.org).

Applications must be turned in to a commissary by close of business Feb. 28.

Packages must be hand-delivered or shipped via U.S. Postal Service or other delivery methods, not emailed or faxed.

**Hawaii State Outdoor Recreation Plan** — The Department of Land and Natural Resources, Division of State Parks, invites the public to help select projects to receive federal funding support to best meet Hawaii’s future recreation needs.

Take the 2014 Statewide Comprehensive Outdoor Recreational Plan (SCORP) survey, through Feb. 28, at [www.surveymonkey.com/s/HISCORP2014](http://www.surveymonkey.com/s/HISCORP2014).

March

1 / Saturday

**Lei Court Selection** — Festival is 9 a.m.-3 p.m., at Ala Moana Park McCoy Pavilion; features lei-making, poise and personality competition and announcement of the 2014 Lei Court.

Free and open to the public. Visit [www1.honolulu.gov/parks/programs/leiday/index.htm](http://www1.honolulu.gov/parks/programs/leiday/index.htm).

2 / Sunday

Honolulu Ghost Tour

— Explore the dark side of Honolulu, 6:30 p.m. Tour is recommended for adults, ages 21 and older. Reservations required 48 hours in advance; cost is \$35. Call 395-0674 or visit [www.stevestoursandfilms.vpweb.com](http://www.stevestoursandfilms.vpweb.com).

3 / Monday

Hawaii Invasive Species Awareness Week

— Kickoff at the State Capitol, 9 a.m.-2 p.m.; features Oahu Army Natural Resource Program display, showing the Army’s efforts to protect snails.

8 / Saturday

Free Movie Screening

— Sgt. Smith Theater previews “Sabotage” at 6 p.m. Movie is rated R and stars Arnold Schwarzenegger. Free-admission tickets are available at your local Exchange Food Court. Seating opens

to non-ticket holders 30 minutes prior to show time.

12 / Wednesday

**Bike Safety Bonanza** — Island Palm Communities hosts this bicycle safety training event at 2 p.m., Wheeler Community Center, 100 Vought Ave. Register keiki at [rsvp@ipc.hawaii.com](mailto:rsvp@ipc.hawaii.com). Call 275-3159.

18 / Tuesday

**Ikebana** — Annual exhibition runs 9:30 a.m.-4:30 p.m., March 18-21, Honolulu Hale (City Hall), and displays seven different styles of Japanese floral artistry and culture. Docents from various schools will be on hand throughout the exhibition. Free admission.

19 / Wednesday

**Women’s History Day** — Event will celebrate “Women of Character, Courage and Commitment” at 11 a.m., WAAF chapel. Hosted by the 25th ID. Contact Sgt. 1st Class Lorenzo Dukes at 719-200-5556.

**Live & Learn 101 Festival** — IPC hosts this annual family event, 2-5 p.m., Kaena Community Center, 5485 Gallup St., SB. Visit [www.islandpalmcommunities.com](http://www.islandpalmcommunities.com) or

call 275-3159.

21 / Friday

**Kunia Orchid Show** — The 60th annual show is 9 a.m.-5 p.m., March 21-22, and 9 a.m.-4 p.m., March 23, at the Leilehua High School gym, Wahiawa. The show features 22 plant vendors, along with Department of Agriculture specialists and food booths.

Ongoing

**IPC Resident Scholarships** — Scholarship grant application deadline is April 2, with awards starting at \$1,000 and announced in May, for the WinningEdge scholarship program.

For eligibility, go to [www.islandpalmcommunities.com/go/WinningEdge](http://www.islandpalmcommunities.com/go/WinningEdge) to download the full application packet and details.

**AFCEA Scholarships** — Armed Forces Communications and Electronics Association Educational Foundation Hawaii Merit Scholarship Award applications are now available. Deadline to apply is May 31.

Email [Info@AFCEAHiEducationFoundation.org](mailto:Info@AFCEAHiEducationFoundation.org) or call 479-4705.

See COMMUNITY CALENDAR, B-4

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel  
FD: Fort DeRussy Chapel  
HMR: Helemano Chapel  
MPC: Main Post Chapel, Schofield Barracks  
PH: Aloha Jewish Chapel, Pearl Harbor  
SC: Soldiers’ Chapel, Schofield Barracks  
TAMC: Tripler Army Medical Center Chapel  
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

●First Sunday, 1 p.m. at FD  
●Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

●Thursday, 9 a.m. at AMR  
●Saturday, 5 p.m. at TAMC, WAAF  
●Sunday services:  
- 8:30 a.m. at AMR  
- 10:30 a.m. at MPC Annex  
- 11 a.m. at TAMC  
●Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

●Sunday, noon. at MPC  
●Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

●Friday, 1 p.m. at MPC Annex  
●Friday, 2:30 p.m., TAMC  
●Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

●Friday, 7:30 p.m. at PH

Pagan (Wicca)

●Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

●Sunday Services  
-8:45 a.m. at MPC  
-9 a.m., at FD, TAMC chapel  
-10 a.m. at HMR  
-10:30 a.m. at AMR  
-10:45 a.m. at WAAF (Spanish language)  
-11 a.m. at SC (Contemporary)  
**Liturgical (Lutheran/Anglican)**  
●Sunday, 9 a.m. at WAAF

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to [aafoes.com](http://aafoes.com) under realtime movie listing.



Ride Along

(PG-13)  
Fri., Feb. 28, 7 p.m.  
Sun., March 2, 2 p.m.

Labor Day

(PG-13)  
Sat., March 1, 2 p.m.



Her

(R)  
Sat., March 1, 6 p.m.

The Legend of Hercules

(PG-13)  
Thurs., March 6, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command  
25th ID: 25th Infantry Division  
ACS: Army Community Service  
AFAP: Army Family Action Plan  
AFTB: Army Family Team Building  
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA  
BCT: Brigade Combat Team  
BSB: Brigade Support Battalion  
Co.: Company  
CYSS: Child, Youth and School Services  
EFMP: Exceptional Family Member Program  
FMWR: Family and Morale, Welfare and

Recreation  
FRG: Family Readiness Group  
FS: Fort Shafter  
HMR: Helemano Military Reservation  
IPC: Island Palm Communities  
PFC: Physical Fitness Center  
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills  
TAMC: Tripler Army Medical Center  
USAG-HI: U.S. Army Garrison-Hawaii  
USARPAC: U.S. Army-Pacific  
WAAF: Wheeler Army Airfield



# Commissary offers ‘Choose to Lose’ encouragement

Story and photo by  
**SARAH PACHECO**  
Staff Writer

SCHOFIELD BARRACKS — Once the initial novelty of green juices and daily runs wears off and the temptations of chocolate Valentine’s hearts and cream-filled Easter eggs rear their ugly heads, many New Year’s resolution-makers fall off the healthy lifestyle bandwagon and back into old habits.

To help Soldiers and family members stick with their goals, the Schofield Barracks Commissary, here, has brought back its “Choose to Lose” program for a second year.



**Denise Logan (left), produce manager, Schofield Barracks Commissary, encourages retired Sgt. 1st Class Ed Dawe and his son, Skyler, to choose fruit, such as oranges and apples, as healthy snack alternatives.**

“This program is designed for (participants) to make a healthy lifestyle change — eat healthy and workout — but at the end of it, someone’s going to win a couple thousand dollars in cash and prizes,” said Denise Logan, produce manager, Schofield Barracks Commissary, and the person in charge of the Choose to Lose program.

“We try to encourage them to go to the fitness center to take a class or introduce them to new foods, but it’s actually up to the person to keep the lifestyle going,” Logan continued. “It’s not just about trying to win the money and then that’s the end of the program; it’s to get you exercising and to promote you to eat healthy.”

The program began Jan. 17 and will conclude April 18. Over the course of the three-month competition, the commissary will provide contestants ample opportunities to make positive changes to their diets and lifestyles through in-store healthy food demonstrations and group workouts, such as fun walks and a Zumba class.

“If they go to the gym or come here to participate in the demos that we have going on, they get the Choose to Lose buck that they cash in at the end of everything,” said Logan. “Also, if they come in on a Wednesday and spend \$25 on produce, I give them a free gift — oranges, apples, just something healthy.”

Now a little more than one month into the program, participants are beginning to see results.

“I started (this program) because I noticed that the more weight I gained, the less energy I had, and with my two kids, I want to keep up with them, but I can’t,” said Kinga Grant, a military spouse who has lost a total of six pounds so far.

“It’s only been six pounds, but, wow, I already can feel the difference and have a whole lot more energy,” Grant stated. “And of course, the competition always helps. I’m competitive, so that’s extra motivation for me.”

According to Logan, 75 people signed up for the program at its launch, with the option to enroll as an individual or as a family.

“We’ve cut back on the bad stuff — processed foods, fast foods — and are trying to eat



**Kendra Dawe (on scale) celebrates her weight loss so far with her teammates — son Skyler (left) and husband retired Sgt. 1st Class Ed Dawe (center) — as Denise Logan, produce manager, Schofield Barracks Commissary, writes down the result as part of the "Choose to Lose" program's second weigh-in, Feb. 15.**

more fruits and vegetables and get out and exercise, get off the Xbox,” said retired Sgt. 1st Class Ed Dawe, who is participating as a team with his wife, Kendra, and their 9-year-old son, Skyler.

“My goal is that we can make a change for the rest of our life; that it’s an actual change of a lifestyle,” added Kendra Dawe. “That’s a hard goal to keep, but that’s my goal.”

The program held its second weigh-in Saturday, Feb. 15; however, Logan noted that the winner will not be decided by the number of pounds dropped, but by the difference in body weight percentage.

“Just because you’re thin doesn’t mean

you’re healthy; it’s more about a healthy lifestyle change,” Logan explained.

In addition to better health and habits, the victor of the Choose to Lose program will receive a monetary award and other prizes from commissary vendors and supporters, including gift baskets and at-home workout equipment.

“Oh, I will be the winner; I’m positive about that!” said Grant, with a laugh. “I know I cannot reach my ideal weight (by the finish), but I know this is enough time to get me to start reaching for the healthier foods and being more active. I am trying to keep going, from the start to the finish, and that’s the most important thing.”

# IPC’s ‘Live & Learn’ festival returns to Schofield, March 19

Exhibits on health, fitness and culture on display

**ISLAND PALM COMMUNITIES**  
News Release

SCHOFIELD BARRACKS — An afternoon packed with exciting activities, entertainment and interactive exhibits is planned at the annual Live & Learn 101 Festival from 2-5 p.m., March 19, at the Kaena Community Center, here.

Island Palm Communities invites moms, dads and kids of all ages to learn something new from dozens of exhibitors showcasing a variety of interesting and timely topics. Information on health, fitness and nutrition, early and continuing education opportunities, Hawaiian culture, work skills, hands-on arts and crafts, and

how to be good stewards of the environment are among the offerings.

New this year is the “Diploma Dash,” a team competition that challenges participants to complete an obstacle course that will put your mental and physical skills to the test. Get your family and friends together to make a four-per-

son team, and prepare yourselves for an exciting challenge.

A bike rodeo hosted by the Directorate of Emergency Service’s Bike Patrol will test your cycling skills, so ride your bike to the festival.

And, don’t forget to stop by IPC’s SafetyNet and SYNERGY tent for fun games and take-away tips everyone can use.

Make it an afternoon with family and friends!

**Registration and Details**  
For complete details and to register your “Diploma Dash” team, log on to [www.IslandPalmCommunities.com/go/LiveandLearn](http://www.IslandPalmCommunities.com/go/LiveandLearn).  
For event details, visit [www.islandpalmcommunities.com](http://www.islandpalmcommunities.com).



# New ‘Kids on Patrol’ program promotes safety strategies

**ISLAND PALM COMMUNITIES**  
News Release

SCHOFIELD BARRACKS — Do your kids 10 years of age and older need something to do after school?

Have them join “Kids on Patrol,” an engaging program designed to promote a positive and healthy lifestyle.

Kids on Patrol kicks off March 5 at the Kaena Community Center, here. Keiki will learn about safety, respect and community pride through fun activities and will be able to meet new friends in a positive environment.

Activities and demonstrations by the Directorate of Emergency Services and the Federal Fire Department will teach kids about bike and fire safety. Movie Day will focus on social issues often faced by kids.

**Online Details**  
Call, email or stop by during business hours to register or for more info. More details about the program can be found at [www.islandpalmcommunities.com/go/KidsOnPatrol](http://www.islandpalmcommunities.com/go/KidsOnPatrol).

Pizza Day will celebrate the great things kids are doing in the Kids on Patrol program. Community service activities are part of

the program lineup, too.

Participants are eligible for safety and attendance awards.

Further, at the end of each quarter, participants will receive a certificate of appreciation for volunteering their time to their community.





# Age ain’t nothing but a number

“Whatever happened to that older lady who used to be here every week?” I overheard the girl in front of me ask her friend after our “Pump & Sweat” class ended at the base gym.

She looked to be about 27 or so, with a youthful, high ponytail and a purple spandex tank top with a built-in shelf bra.

“You remember, the older lady — petite, short hair, lifted light weights and was, well, real prim about it.”

The girl’s friend, also 20-something in a cute, strappy tank top, shrugged her shoulders and carried on putting her equipment away. But the girl persisted.

“You remember, she used to stand right up front,” the girl pestered. “C’mon! You know, the OLDER LADY.”

I minded my own business, wiping down my yoga mat and racking my weights. I had learned months prior that the girls were not interested in socializing with the middle-aged women in class.

I had tried, “Whew, those squats were brutal, hu?” But I was always met with awkwardly reluctant nods, which clearly conveyed the message, “Listen ma’am, you’d better stick with your own kind.”

But on this day, I couldn’t help but realize that I knew the older lady this girl was asking about. She was in my social circle on base. But acknowledging my association with the older lady in question would then brand me an older lady, too, so I hesitated.

When I was in my early 30s and we were stationed in Virginia Beach, I relished my advanced step classes at the Mount Trashmore YMCA and struck up lasting relationships with my group exercise classmates. On Tuesdays and Thursdays, we shared the locker room with the Water Aerobics ladies. They would hobble into the showers from the pool in their floral-skirted bathing suits and cackle while changing into elastic-wasted pants and sensible shoes.

“Where were you last month, Phyllis?”

“Well, my hip was acting up something terrible, so the doctor has me on Glucosamine and Chondroitin ...”

“Do you get coverage? My goodness



THE  
**MEAT & POTATOES OF LIFE**

LISA SMITH MOLINARI  
Contributing Writer

those pills are expensive!”

While I eavesdropped on their locker-room banter about orthopedics, vitamin supplements and irregularity, I chuckled to myself, never realizing that I’d be just like them one day.

Just like the rest of the older ladies at the gym, I now disappear for a week or month when I hurt my wrist or knee or back, then show up to class again wearing one of those braces you can buy at the drugstore. I do the “modifications” suggested by the fitness instructors, like squatting without weights or doing push-ups on my knees. I look ridiculous in a high ponytail, and I certainly can’t wear tank tops with shelf bras anymore.

I’ve become one of them, but is it so bad to be an older lady at the gym?

In society, older women are respected for their vast wealth of life experiences, and nowhere is that reverence more prevalent than amongst military wives. Spouses who are new to the well-known hardships of military life generally admire those of us who have been doing this for a couple of decades. Then, why is it that, at the gym, youth and joint flexibility trump maturity and life experience?

As we dropped our dumbbells into the bin, I thought of the older lady these girls were trying to remember. She had two kids who were off at college. Her husband had a long, successful Navy career. They lived on their boat, which was docked in Newport. She was attractive, accomplished and a very nice person.

“I know the lady you are talking about,” I finally admitted to the girl in the ponytail. “She hurt her knee, but she’s OK. She and her husband live on their yacht, and they travel a lot to visit their kids at the Naval Academy and UNC. She’ll be back here soon enough.”

The girl stared for a second or two, then muttered, “Oh, wow.”

But I knew my message came across loud and clear. We older ladies rule.

*(Editor’s note: A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)*

*In society, older women are respected for their vast wealth of life experiences, and nowhere is that reverence more prevalent than amongst military wives.*



Courtesy photo

Youth doesn’t always triumph over maturity and life experience.



## Briefs

CONTINUED FROM B-2

**Keiki Night** — Every Wednesday night is Keiki Night, 5-8 p.m., at SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974). Kids younger than 10 years eat for a special price from the keiki menu.

**6 / Thursday**

**Mom & Tots Crafts** — SB Arts & Crafts Center offers to parents and keiki to make a creative project together, 10-11 a.m., Thursdays, during March. Class is \$5. Call 655-4202.

**Tropical Thursdays** — Free weekly Texas Hold’em poker, 6 p.m., SB Tropics Warrior Zone. All ID cardholders 18 and older are welcome. Call 655-5698.



## CONTINUED FROM B-2

military families will receive half off admission with valid ID. Call 638-7766 or visit [www.waimeavalley.net](http://www.waimeavalley.net).

**Go Akamai** — Commuters can now check real-time traffic data at [GoAkamai.org](http://GoAkamai.org), courtesy of the Hawaii State Department of Transportation and the City and County of Honolulu, Department of Transportation Services.

GoAkamai.org is a one-stop website that provides real-time traffic data, enabling travelers to make better decisions when planning their commutes. Travelers are encouraged to check [GoAkamai.org](http://GoAkamai.org) before leaving work or home.

**Pearlridge Farmers’ Market** — Browse more than 40 booths featuring Oahu produce and locally inspired artisan foods, 8 a.m.-noon, every Saturday, Pearlridge Center downtown, in the Sears parking lot. Visit [www.haleiwafarmersmarket.com/pearlridge.html](http://www.haleiwafarmersmarket.com/pearlridge.html).

**Naval Air Museum** — This nonprofit museum, located in Bldg. 1792, Midway Rd., Kalaeloa Airport, Kapolei, focuses on the history of aviation in Hawaii. Cost is \$7 adults and \$5 for keiki under 18 years of age. Visit [www.namhp.org](http://www.namhp.org) or call 682-3982.

Zone.

•South meetings, 10 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

**Teen Wednesdays** — Cosmic Bowling for teens for \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free shoes with a two-game minimum. Call 656-1745.

**Waimea Valley Family Day** — Each third Sunday is La ‘Ohana (Family Day) at Waimea Valley, through the end of the year. Kamaaina and



# New user options given for TRICARE

TRIPLER ARMY MEDICAL CENTER  
News Release

HONOLULU — A new enrollment policy for non-active duty TRICARE beneficiaries on the island of Oahu allows enrollment to any Hawaii Military Treatment Facility (MTF), regardless of the beneficiary’s service branch affiliation.

Under the new policy, for example, an Army or Air Force beneficiary (active duty family member, retiree, their family member, survivor) living on the Windward side of Oahu now has the option to enroll to the Naval Health Clinic Hawaii-Marine Corps Base Hawaii in Kaneohe Bay, instead of having to drive to Tripler Army Medical Center or the 15th Medical Group, Joint Base Pearl Harbor-Hickam (Air Force).

“The intent of this market-wide policy is to allow our beneficiaries access to military health care where it is most convenient,” said Brig. Gen. Dennis Doyle, commander, Pacific Regional Medical Command and Tripler Army Medical Center, and also Enhanced Multi-Service Market (eMSM) manager.

“This creates a patient-centered approach to health care delivery while optimizing the MTF resources throughout the Hawaii market,” Doyle added.

As part of the National Defense Authorization Act of 2013, governance of the Military Health System (MHS) has resulted in the consolidation, integration and standardization of shared services and functions within the MHS.

Army, Navy and Air Force medical treatment facilities on Oahu have partnered together with the goal of creating a single health care system to support the TRICARE beneficiary population.

The open enrollment policy for non-active duty TRICARE beneficiaries is the first indication of their efforts.

## Learn More

TRICARE is the Department of Defense (DOD) health benefits program for active duty service members and their family members, retirees and their family members, and survivors.

UnitedHealthcare Military & Veterans is the DOD Managed Care Support Contractor administering the TRICARE program in the 21-state West Region.

If you are a TRICARE beneficiary living on Oahu and would like more information on enrollment, primary care manager changes or other TRICARE information, call UnitedHealthcare Military & Veterans at 1-877-988-WEST (1-877-988-9378) or visit online at <https://www.uhcmilitarywest.com>.



# TAMC ends patrons’ walk-in service April 1

## Online and phone customer service cited as more efficient

TRIPLER ARMY MEDICAL CENTER  
News Release

HONOLULU — Keeping up with the rapidly increasing number of TRICARE beneficiaries who most often turn to a laptop or cell phone when they have questions, walk in service at the TRICARE Service Center (TSC), Tripler Army Medical Center (TAMC), here, will no longer be available as of April 1.

TAMC patients still have a wide variety of secure, electronic customer service options available through [www.tricare.mil](http://www.tricare.mil) through the “I want to ...” feature on the main page.

When walk-in service ends April 1, beneficiaries who want to get personal assistance can call (877) 988-9378 for enrollment and benefit help. Otherwise, all health care, pharmacy, dental and claims contact information is located at [www.tricare.mil/contactus](http://www.tricare.mil/contactus).

Beneficiaries cannot only get 24/7 TRICARE benefit information at [www.tricare.mil](http://www.tricare.mil), but also make enrollment and primary care manager changes and more online at [www.tricare.mil/enrollment](http://www.tricare.mil/enrollment).

Rather than driving to an installation TSC, TRICARE beneficiaries can even combine high-tech with low-tech by downloading health care forms online and sending them in the old fashion way, through the U.S. mail.

Walk-in customer service is also the most expensive possible customer service option. By eliminating walk-in customer service at TSCs, the Department of Defense estimates savings of \$250 million over five years. The change does not affect TRICARE benefits or health care delivery.

Find out more at [www.tricare.mil/TSC](http://www.tricare.mil/TSC).